CoolBean LIVING
CELEBRATING MIDLIFE

delicious FULL DAY MENU

CARROT CAKE SMOOTHIE

with coconut cream

Prep time: 15 minutes
Serves: 4-6

Coconut Whipped Cream Ingredients:

1 13.5-oz. can coconut milk, chilled
1-2 T. maple syrup (optional)
1 t. orange zest (optional)

Smoothie Ingredients:

2 c. coconut milk
2 large bananas, cut into chunks, frozen
3 large stalks celery, chopped
2 large oranges, peeled
6 large carrots, roughly chopped
1 t. cinnamon
1 t. ground allspice
3/4 t. ground nutmeg
8-10 ice cubes

Optional Garnish: Ground cinnamon and finely chopped walnuts

Directions:

1. Chill coconut milk in refrigerator for several hours or overnight. To prepare, remove can from refrigerator without shaking or turning and remove lid. Scoop out the solidified "cream" from the top of the can and transfer to a mixing bowl. Reserve remaining liquid coconut milk to use in smoothie.

2. Add maple syrup and orange zest, if desired, to mixing bowl and blend until light and airy. Allow coconut cream to warm up slightly before blending if lumps persist. Cover and place bowl in refrigerator until ready to use.

3. To make the smoothie, add the coconut milk and frozen banana to a high-speed blender and blend until smooth, around 30 seconds.

4. Add celery, orange, carrots, cinnamon, allspice, nutmeg, and ice cubes. Blend on high speed until completely combined and creamy, approximately 1-2 minutes.

Pour into glasses and top with a scoop of coconut whipped cream. Garnish with a dash of cinnamon or finely chopped walnuts, if desired, and serve immediately.

BACON & MUSHROOM BLEU CHEESE SLIDERS

over lettuce

Ingredients:

1 lb. ground beef
2 t. Dijon mustard
3 cloves garlic, finely minced
2 T. white onion, finely minced
Sea salt and black pepper, to taste
2 T. extra virgin olive oil, divided
4 oz. white mushrooms, sliced
3 oz. crumbled blue cheese
3 strips bacon, cut into thirds and cooked

Optional Side: Steamed broccoli

Prep time: 10 minutes
Cook time: 35- 40 minutes
Serves: 4 (8 sliders)

Directions:

1. Preheat oven broiler to high and set top oven rack to the second highest setting.

2. Add ground beef, mustard, garlic, and onion to a medium bowl. Season with salt and black pepper, to taste, and mix with a fork or your fingers until all ingredients are thoroughly combined.

3. Divide beef mixture into 8 portions and shape each into small patties. Set patties on a plate and gently press each with your thumb in the center to keep them from puffing up while cooking. Set aside.

4. Heat olive oil over medium-high heat in a large, oven-safe skillet. Add mushrooms and cook, stirring occasionally, until mushrooms are nicely browned, approximately 5-6 minutes. Remove from heat and transfer mushrooms to a small bowl and set aside.

5. Add remaining tablespoon of olive oil to pan and swirl to coat the bottom. Add slider patties to the skillet and cook until brown on each side, approximately 2-3 minutes per side.

6. Remove from heat and top each slider with sautéed mushrooms and crumbled blue cheese. Place skillet in oven under broiler for 2-3 minutes, or until blue cheese starts to melt.

7. Remove skillet from oven and top each slider with a piece of bacon and serve immediately on a bed of lettuce and with a side of steamed broccoli, if desired.

ONE-PAN BONELESS PORK CHOPS with broccoli

Prep time: 10 minutes
Cook time: 25-30 minutes
Serves: 4-6

Ingredients:

6 6-oz. boneless pork chops
¼ c. extra virgin olive oil, divided
Sea salt and black pepper, to taste
1 t. smoked paprika
1 t. onion powder
1 t. garlic powder
1 T. Italian seasoning
1 16-oz. bag frozen broccoli florets
3-4 cloves fresh garlic, minced

Directions:

1. Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat.

2. Place pork chops on the prepared baking sheet and drizzle each chop with some olive oil (approximately 2 tablespoons for all 6 pork chops).

3. In a large bowl, combine the smoked paprika, onion powder, garlic powder, and Italian seasoning. Rub the spice mixture on both sides of each pork chop and return to the prepared baking sheet. Season generously with salt and black pepper, to taste.

4. Add broccoli to the bowl with the spices and drizzle with remaining olive oil. Add minced garlic and sprinkle with salt and black pepper, to taste. Toss to combine.

5. Arrange seasoned broccoli on baking sheet around the pork chops, spreading into a single layer. Place the baking sheet into the pre-heated oven and roast for 23-28 minutes, turning the pork chops and stirring the broccoli once, or until the pork is completely cooked through and the broccoli is nicely browned.

6. Remove sheet pan from oven and transfer pork chops and broccoli to a serving platter. Cover loosely and allow pork chops to rest for 5-10 minutes before serving.

INSTA POT®
RICE PUDDING

Prep time: 5 minutes
Cook time: 25 minutes (+ time to reach pressure)
Serves: 4-6

Ingredients:

2 T. extra virgin olive oil
1 c. Arborio rice, rinsed
2½ c. almond milk, divided
2 T. real maple syrup
1 t. real vanilla extract
1 t. ground cinnamon
¼ t. salt
2 large eggs

Optional toppings: Fresh berries, whipped cream, cinnamon, and/or maple syrup

Directions:

1. Add olive oil to Instant Pot® and press the "Sauté" button. Adjust heat setting to normal. Add rice and stir until coated in the oil and lightly toasted, approximately 2 minutes.

2. Turn Instant Pot® off and add 2 cups almond milk, maple syrup, vanilla extra, cinnamon, and salt. Stir to combine. Add lid and lock into place. Press the "Manual" button and set to high. Set to 10 minutes and adjust the pressure valve to "Sealing."

3. Meanwhile, whisk the eggs with the remaining almond milk in a medium-sized mixing bowl and set aside.

4. When the cook time is complete, turn the Instant Pot® off to prevent scorching. Allow pressure to release naturally for 15 minutes, and then do a quick release.

5. Unlock and remove lid and transfer one heaping spoonful of the hot rice mixture to the beaten eggs and stir to combine. Repeat with another spoonful of rice before slowly whisking the tempered egg mixture into the Instant Pot®. (This is to prevent the egg from cooking when added to the hot rice).

6. Press the "Sauté" button and adjust the heat setting to normal. Stir the mixture continually until the pudding thickens and the egg is thoroughly incorporated, approximately 3-4 minutes.

7. Turn the unit off and immediately remove the interior pot to prevent scorching. Allow pudding to cool slightly before serving or transfer to a storage container and press a layer of plastic wrap across the surface before placing in the refrigerator.

8. Serve warm or chilled topped with fresh fruit, whipped cream, ground cinnamon, and/or maple syrup, if desired. Enjoy!

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